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A topical arrangement of secondary health education content...

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A Topical Arrangement Of Secondary Health Education Content as Reflected By Current Textbooks

A
Service Paper

Submitted by

George Alfred Johnson

(B.S. Ed. Boston University, 1947)

In partial fulfillment of requirements for
the degree of Master of Education
1947

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Chapter I

Introduction

The Problem

This study is an attempt to ascertain, from current secondary level health textbooks, the topical arrangement of health education content.

Purpose of Study

The study was made for the following purpose: (1) to aid educators who desire to find appropriate topics for unit construction, curriculum revisions and instructional purposes, (2) to help those unfamiliar with the health education subject quickly select suitable topics, and (3) to indicate through a complete list of topics those areas considered most important in health education content.

Division of Study

The study consists of main topics including subtopics divided into eleven topical areas.

Recommendation for Further Study

Several studies of unquestionable value might be attempted in this field of study. They are: (1) a check on the accuracy of health content, (2) an analysis of the various textbook questions and suggested activities, and

(3) an analysis of terminology, content difficulty and style.

Books Included In Study

The books included in the study and their authors are:

I Burkard, W. E., Chambers, R. L., and Maroney, F. W., Health and Human Welfare, Lyons and Carnahan, Chicago, 1944.

II Burnett, R. W., To Live in Health, Silver Burdett Co., New York, 1944.

III Clemensen, Jessie W. and La Porte, William R., Your Health and Safety, Harcourt, Brace and Co., New York, 1942.

IV Crisp, Katharine B., Health for You, J. B. Lippincott Co., Chicago, 1944.

V Fishbein, Morris and Irwin, Leslie W., Health and First Aid, Lyons and Carnahan, Chicago, 1944.

VI Goldberger, I. H., and Hallock, G. T., Health and Physical Fitness, Ginn and Co., Boston, 1943.

VII Prosser, C. A., and Anderson, W. A., A Health Program, Life Adjustment Series, McKnight and McKnight, Bloomington, Illinois.

VIII Prosser, C. A., and Anderson, W. A., Keeping Physically Fit, Life Adjustment Series, McKnight and McKnight, Bloomington, Illinois.

IX Turner, C. E. and McHose, E., Effective Living, The C. V. Mosby Co., St. Louis, 1941.

X Williams, J. F., and Oberteuffer, D., Health in the World of Work, McGraw-Hill Book Co., New York, 1942.

XI Williams, J. F., "Healthful Living," Macmillan Co.

XII Meredith, Florence L., "Health and Fitness," D. C. Heath and Co., Boston, 1946.

Chapter II

Procedure

Preliminary Study

A preliminary study or cursory reading of all texts was undertaken in order to determine what topic headings to use in the study. The table of contents and chapter divisions were of no use in selecting topical headings. However the index provided a better means by which topics could be determined because of the uniformity in terminology and arrangement.

Selection of Topic

After a topic was selected from the index its value and importance was determined upon its position and value in the chapter content. Chapters were carefully studied for further topical evaluations.

With the topic heading decided on the actual work of topical classification of content began. Often there was difficulty in deciding where to classify some content material. For instance should fatigue be grouped with physiology or healthful living? So far as possible the method of presentation by the textbook determined the topical classification.

Explanation of Topic Division

Since topic headings do in most cases cover so many points, a brief explanation of each is essential in enabling the reader to make effective use of the outline.

1. Part I - History. This part has been used as the heading for all material that is utilized to give background to health education. There was pertinent relationship between this background and the subject of health.

2. Part II - Anatomy and Physiology Background. A most comprehensive part. Under this heading are classified the gross, cellular, and chemical body structure; also topics on the bones, joints, and ligaments. Any topic on the body as a whole and its various systems is listed here.

3. Part III - This part concerning disease is quite comprehensive and it does not need any explanation. Included are atmosphere, acclimatization, bacteria and germ and infection.

4. Part IV - This part is most comprehensive. It includes Food, Diet, Meals, Digestion and Indigestion.

5. Part V - Under this part headings are listed tobacco, drugs and alcohol. Most books had the greatest content material on alcohol.

6. Part VI - Under this part are classified heredity, personality, intelligence tests, guidance, clothing, posture, bathing, sleep, fatigue, and sports.

7. Part VII - This has been limited to phases of housing, household operation, balancing the family budget, the baby and health, child development, community sanitation, patent medicine and quackery.

8. Part VIII - This part includes safety education. It includes headings of accidents, traffic, driving, home, swimming, athletics, school and playground. All books included some phase of safety.

9. Part IX - This part is most comprehensive including first aid for shock, wounds, bleeding, the eye, drowning, electric shock, gases, choking, poison, unconsciousness, burns, fractured and burns. It includes all other phases of first aid knowledge.

10. Part X - Health and Statistics. This part includes national health and the cause for army rejections. Many books gave little topical space for such information.

11. Part XI - Different Organizations Concerned With Health.. This part is self explanatory.

Chapter II

P A R T I

A. Health History In The Early Days

1. Primitive man
2. The medicine man
3. Religion and health
4. Beliefs of the Greeks
5. Greek Physicians
6. The meaning of the medical caduceus
7. Galen and Vesalius
8. The Romans
9. Health during the middle ages
10. The 'black death'
11. Historical contagious diseases
12. Origin of the quarantine
13. Discovery of the circulation of blood
14. Bloodletting
15. The invention of the microscope

B. Progress During The Modern Era

1. Louis Pasteur
2. Discovery of the smallpox vacination
3. Joseph Lister
4. Robert Koch
5. Tuberculosis and Dr. Trudeau
6. Major Walter Reed and conquest of yellow fever

7. Discoveries at Camp Lazear
8. Health and Panama Canal
9. Dr. Oliver Wendall Holmes
10. Florence Nightingale
11. Clara Barton
12. The Red Cross Society
13. The great boon - anesthesia
14. William T. G. Morton
15. The accident of Alexis St. Martin
16. Dr. Beaumont
17. The great Russian investigator Pavlov

P A R T II

A. Nature of The Body

1. Fundamental Units
    a. Atoms
    b. Elements
    c. Ions, Electrons and Protons
    d. Molecules
    e. Unity in diversity
    f. Compound substances
2. Energy
    a. Definition of energy
    b. Sources of energy
    c. Energy of the body
    d. Energy and food storage
3. Protoplasm
    a. The structure of the protoplasm
    b. Chemicals in the protoplasm
4. Cells
    a. Structure of the cell
    b. Life processes of the cell
    c. The kinds of cells and tissue
    d. Hygiene of the cells
5. Organs
    a. Tissue groups forming organs
    b. Organs co-operating as systems

B. The Circulatory System

1. Functions of the circulatory system
2. Blood Vessels
    a. Nerves controling blood vessels
    b. Peristalsis of blood vessels
    c. Rupture in blood vessels
    d. Vitamin C needed for blood vessels
    e. Blood vessels in bone
    f. Heat acting on blood vessels
    g. Overweight affecting blood vessels
3. The Arteries
    a. Construction of arteries
    b. Bleeding
    c. Function of arteries
    d. Alcohol causing hardening of arteries
    e. Arteries of the kidney
    f. Diseases and arteries
    g. Muscular action and the arteries
    h. Kidney affected by the hardening of arteries
    i. Moderation preserving health of arteries
4. Veins
    a. Function of veins
    b. Portal veins
    c. Pulumonary veins
    d. Veins of the kidneys

e. Valves of the veins

f. Values of veins

g. Varicose veins

5. Capillaries

a. Function of the capillaries

b. Capillaries and the lung

c. Bleeding from the capillaries

d. Blood pressure and capillaries

e. Capillaries and the skin

f. Capillaries of the teeth

g. Body heat and capillaries

6. Lymph

a. Lymph spaces

b. Lymph capillaries

c. Draining into the blood system

d. The flow of lymph

e. Lymph nodes

f. Lymph vessels

C. Digestive System

1. Early studies of the digestive system

2. Operation of the digestive system

3. Proper treatment of the digestive system

4. Vitamin G needed for the digestive system

5. Functions of the digestive system

a. The mouth

b. Lining of the mouth

c. The digestive function of the mouth

d. The mouth and halitosis

6. The Alimentary Canal

a. Parts of the alimentary canal

b. The purpose of the alimentary canal

7. The Intestines

a. The small and large intestine

b. The absorptive function of the intestine

c. The digestive function of the intestine

d. The chemical action in the intestine

e. Germs spread by excretions by the intestines

f. The intestine and hernia

8. Salivary Glands

a. The function of the salivary glands

9. Liver

a. Bile secreted by liver

b. Abuse of the liver

c. Anatomy of the liver

d. Blood conditioned by the liver

e. Function of the liver

f. The lobules

g. The nerve leading to the liver

10. The Gall Bladder
    a. The gall bladder and its function
11. The Pancreas
    a. The pancreatic duct
    b. Pancreatic juice

D. The Respiratory System
1. The respiratory tract
2. The function of the respiratory system
3. Breathing
    a. Functions of breathing
    b. Body heat versus breathing
    c. Breathing by cells
    d. Obstructed breathing
    e. The process of breathing
    f. Types of breathing

E. The Excretory System
1. The function of the excretory system
2. The Lungs
    a. Alveoli of the lungs
    b. Capillaries of the lung
    c. Nerve leading to the lungs
    d. Lung capacity
    e. Lungs and external and internal respiration

3. The Skin

   a. The structure of the skin

   b. Skin tissue

   c. The layers of skin

   d. Body heat versus reflexes from the skin

   e. Messages received through the skin

   f. Perspiration retarding evaporation from the skin

   g. Vitamin A protecting the skin

   h. Vitamin C and the skin

   i. Health reflection of the skin

   j. Alcohol and the skin

   k. Care of the skin

   l. Ventilation of the skin

   m. Stimulation of the skin

   n. Secretions of the skin

   o. Temperature and the skin

   p. Germ resistance of the skin

4. Liver

   a. Function of the liver in the excretory system

5. Kidney

   a. Water supply flushing the kidney

   b. Overweight affecting health

   c. Blood cleansed by kidney

   d. Disorders of the kidney

e. Filtering action of the kidney

f. Alcohol causing disorder of the kidney

g. Urinary system

h. Diseases transmitted by urine

i. Quantities of urine

F. The Nervous System

1. The nervous system and hormones

2. Damage of the nervous system

3. Daily care of nervous system

4. Soundness of the nervous system

5. Training of nervousness

6. The function of the nervous system

7. The nerve

a. The accelerator nerve

b. Alcohol causing inflammation of nerves

c. Nerve tissue

d. Vitamin G and nerves

e. Vagus Nerve

f. Vasomotor Nerve

g. Rest and nerves

h. Neuron versus nerves

i. Number of nerves

j. Sympathetic nerves

k. Arrangement of nerves

l. Breathing controlled by nerves

m. Cell body of nerves

n. Circulation controlled by nerves

o. Co-ordination accomplished by nerves

p. Cranial nerves

q. Disorders of nerves

r. Nerves of the heart

s. Hereditary weakness of nerves

t. Inhibitory nerves

u. Cardiac nerves

v. "Jumpy" reaction time and nerves

w. Maintaining Health of nerves

x. Messages carried by the nerves

y. Muscles controlled by the nerves

z. The nature of nerves

8. Sensory nerve

a. Cell of sensory nerve

b. Ending of sensory nerve

c. Spinal sensory nerve

d. Functions of sensory nerve

9. Motor nerve

a. Brain connections with motor nerve

b. Motor nerve cell

c. Spinal motor nerves

d. Motor neuron

e. Muscles controlled by motor neuron

10. Autonomic Nervous System
    a. Endocrines control and auto-nervous system
    b. Nervous system
    c. Hormones affecting autonomic system
    d. Nervous system
    e. Organics connected with autonomic system
    f. Thoughts affecting autonomic nervous system
    g. Tobacco affecting autonomic nervous system
11. The Brain
    a. Nerve cell of the brain
    b. Structure of the brain
    c. Association areas in the brain
    d. Blood controlling function of the brain
    e. Electricity generated in the brain
    f. Emotions arising from the brain
    g. Injury to the brain
    h. Intelligence versus structure of the brain
    i. Machine versus brain
    j. Messages transmitted to brain
    k. Muscle connection with brain
    l. Sense organ connections with the brain
    m. The spinal cord and the brain
    n. The brain and central controls
    o. Fatigue of the brain
    p. Brain convolusions

12. Dreams

    a. Causes for dreams

G. The Endocrine System

1. Functions of the endocrine system
2. Weight and the endocrine glands
3. Location of the endocrine glands
4. Coordination produced by endocrine glands
5. Disorders of the endocrine glands
6. Interrelation of the endocrine glands

H. The Reproductive System

1. The function of the reproductive system
2. The gonads
3. The ovaries
4. The testes

I. The Muscular System

1. The function of the muscular system
2. Muscles
    a. Skeletal muscles
    b. Smooth muscles
    c. Function of the muscles
    d. Muscle tissue
    e. Muscle tone
    f. Types of muscles
    g. Involuntary muscles
    h. Voluntary muscles

i. Cardiac muscles

j. Arterial muscles

k. Body heat raised by exercise

l. Pairing of muscles

m. Tongue Muscle

J. The Skeletal System

1. Functions of the skeletal system

2. Man skeleton versus mammals

3. Muscles attached to skeleton

4. Poor posture deforming skeleton

5. The spine

6. Bone Tissue

a. Chemical formation of bone

b. Vitamin C needed for bones

c. Consistency of bones

d. Turbinate bones

e. Jointing of bones

f. Atrophy of bones

g. Facial misshapen bones

h. Muscle moving bones

i. Growth of bones

j. Fractured bones

k. Healing of bones

l. Personal appearance and bones

m. Poor posture deforming bones

n. Fracture of bones

7. The Teeth

a. Parts of the teeth

b. Effect of diet on teeth

c. Mineral requirement for the teeth

d. Vitamin C for the teeth

e. Digestive function of the teeth

f. Care of the teeth

g. Brushing of teeth

h. Consistency of teeth

i. Decay of the teeth

j. Food controlling the health of teeth

k. Infected arterial disease caused by teeth

l. Healthy gums

K. Blood

1. Alkalinity of blood
2. Iron required by blood
3. Nature of blood
4. Methods of studying blood
5. Loss of blood
6. Recovery from blood loss
7. Blood count
8. Digested food entering blood
9. Flow of blood
10. Cells supplied with blood

11. Blood, body heat and temperature
12. Coagulation of blood
13. Heart propelling blood
14. Kidney cleansing blood
15. Liver conditioning blood
16. The microscopic appearance of blood
17. Oxygen absorbed by blood
18. Parathyroids regulating calcium in blood
19. Blood plasm
20. Preserving quality of blood
21. Blood composition
22. Quality and quantity of blood
23. Reaction time versus purity of blood
24. Spleen storing
25. Alcohol absorbed by blood
26. Transfusion of blood
27. Group and type of blood
28. Volume of blood
29. "Blood poisoning"
30. Blood corpuscles
    a. Red and White corpuscles
    b. Altitude affecting corpuscles
    c. Carbon dioxide and oxygen carried by corpuscles
    d. Disposition of corpuscles
    e. Iron in corpuscles

f. Lack of corpuscles

g. Liver action on corpuscles

h. Number of corpuscles

i. Origin of corpuscles

j. Corpuscles in lymph

k. Types of corpuscles

31. Blood Pressure

a. Adrenalin increasing blood pressure

b. Adrenalin raising blood pressure

c. High blood pressure

d. Low blood pressure

e. Normal blood pressure

f. Pituitrin raising blood pressure

g. Tobacco raising blood pressure

L. The Heart

1. The heart in the body

a. Overweight affecting the heart

b. Oxygen-Carbon Dioxide Exchange by the heart

c. Pump Mechanism of the heart

d. Heart rate

e. Structure of heart

f. Working power of the heart

g. Normal treatment of the heart

h. The nerves of the heart

i. The heart muscle

j. Location of the heart

k. The heart and rheumatic fever

l. Fatty degeneration of the heart

m. Factors affecting heart rate

n. Exercise and heart strength

o. Enlarged heart

p. Contraction of the heart

q. Cells of the heart

r. Blood circulated by the heart

s. Athletics straining versus the heart

2. Heartbeat

a. Alcohol affecting heartbeat

b. Irregular heartbeat

c. Mechanism of the heartbeat

d. Phases of the heartbeat

e. Heart disease related to heartbeat

f. Tobacco accelerating the heartbeat

M. Eyes

1. Examination of the eyes

2. Brain control of the eyes

3. Nerve and the eye

4. Corrective exercises for the eyes

5. Defects of the eyes
6. Focusing of the eyes
7. Functioning of the eyes
8. Germs in secretion from the eyes
9. Habits for correction in the use of the eyes
10. Image formation in the eyes
11. Infection of the eyes
12. Muscles of the eyes
13. Eyes as sense organs
14. Wounds of the eyes
15. Eye color blindness
16. Blindness
17. Using eyeglasses
18. Proper lighting situations for healthy eyes
19. Good habits for the eyes

N. The Hair

1. Structure of the hair
2. Straight and curly hair
3. Care of the hair
4. The hair follicle
5. Growth of the hair
6. Muscles for raising the hair
7. Hair removers
8. Disease of the hair

O. The Nails

1. Care of the nails
2. Growth of the nails

P. The Ear

1. Inner, middle and outer ear
2. Ear Canal and ear drum
3. Disorders of the ear
4. Functioning of the ear
5. Infections spread by discharges from the ear
6. Wax removal of the ear
7. Bones of the ear
8. Use of the audiometer
9. Structure of the ear
10. Maintaining equilibrum

P A R T III

A. Atmosphere

1. Composition of the atmosphere
2. Foreign gases in the atmosphere
3. Germs in the atmosphere
4. Humidity of atmosphere
5. Motions of atmosphere
6. Odors of the atmosphere
7. Pollution of the atmosphere
8. Pressure of the atmosphere
9. Temperature of the atmosphere

B. Acclimatization

1. Difficulties and successes
2. Factors in acclimatization
3. The temperate climate

C. Bacteria

1. White corpuscles combating bacteria
2. Fever combating bacteria
3. Liver destroying bacteria
4. Lactic acid produced by bacteria
5. Reproduction of bacteria
6. Fermentation caused by bacteria
7. Nature of bacteria

D. Germs and Infection

1. Germs acquired through contact
2. Germs in the air
3. Distruction of germs
4. Infection
5. Pus infection
6. Spread of infection
7. Acute and chronic infection

E. Disease

1. Alcohol causing disease
2. Bacterial disease
3. Carriers of disease
4. Communicable disease
5. Emotional diseases
6. Functional disease
7. Germ disease
8. Infectious disease
9. Isolation-requiring disease
10. Mold causing disease
11. Protozoa causing disease
12. Resistance and disease
13. Specific prevention of disease
14. Thoughts as an aid to curing disease
15. Vitamins and disease
16. Yeasts causing diseases

17. Insect born diseases

18. Soil-borne disease

F. Alergy

1. Cause of alergy

2. Diagnosis of alergy

3. Prevention of alergy

4. Skin alergy

G. Epidemic Diseases

1. Clinical work

2. Epidemic disease and disinfection

3. Epidemic diseases and isolation

4. Epidemic diseases and laboratory and field work

5. Epidemic disease laws

6. Epidemic diseases and public health nursing

7. Epidemic disease and quarantine

8. Epidemic disease and reporting cases

9. Children diseases

H. Communicable Diseases

1. Definition

2. Sources of communicable diseases

3. Causes of communicable diseases

4. Immunity following infection

5. Immunity following serum innoculation

6. Immunity following vaccination

7. Immunizations

8. Communicable disease death rate
9. Cause and spread of communicable disease
10. Prevention of communicable disease
11. Communicable diseases by food and water
12. Communicable disease by living carriers
13. Three stages of communicable diseases

P A R T IV

A. Food

1. Cells assimilating foods
2. Energy storage in foods
3. Vitality and foods
4. Food accessories
5. Acid-forming foods
6. Body building foods
7. Blood absorbing foods
8. Energy requiring foods
9. Caloric value of foods
10. Age versus foods
11. Alkali-forming foods
12. Body weight versus food
13. Fibrous foods
14. Selection of foods
15. Digestibility of foods
16. Health and food
17. Neutral foods
18. Passage of food through the body
19. Peristaltic propulsion of food
20. Raw food
21. Combustible foods
22. Food fads

23. Bacterial foods
24. Swallowing process of food
25. Fats of food
26. The basic seven (Food)
27. Beverages
28. Dehydration of food
29. Frozen food
30. Food handlers
31. Food, Drug, and Cosmetic Act
32. Food inspection
33. Sanitation of food
34. Food and teeth

B. Diet

1. Diet fad
2. Skin affected by diet
3. Weight increased by diet
4. Weight reduced by diet
5. Germ resistance and diet
6. Sample meals
7. Bowels and diet
8. Diet and lunches
9. Mineral requirement

C. Meals

1. Definition
2. Planning of meals
3. Balancing of meals

4. Preparation of meals

D. Digestion

1. Adrenalin disturbing digestion
2. Carbohydrates
3. Chewing aiding digestion
4. Definition of digestion
5. Early studies of digestion (History)
6. Enzymes aiding digestion
7. Exercise furthering digestion
8. Fruit juices for digestion
9. Pyschic factor in digestion
10. Rest and digestion
11. Saliva and digestion
12. Water for digestion

E. Indigestion

1. Acute indigestion
2. Chronic indigestion
3. Medicines for indigestion

P A R T V

A. Tobacco

1. The autonomic nervous system and tobacco
2. Blood pressure raised by tobacco
3. Effects of tobacco
4. Heart affected by tobacco
5. Heart disease and tobacco
6. Poisons in tobacco smoke
7. Throat irritation and tobacco

B. Drugs

1. Drugs as medicine
2. Heart affected by drugs
3. Addiction to drugs
4. Cell activity controlled by drugs
5. Contra-indications
6. Marijuana
7. Opium
8. Poisoning by drugs
9. The Food and Drugs Act
10. Benzedrine Sulphate
11. Sulfa-drugs
12. Caffeine and coffee
13. Hypnotics
14. The Harrison Act

C. Alcohol

1. Heart affected by alcohol
2. Reaction time showed by alcohol
3. Blood absorbtion
4. Body heat and alcohol
5. Body resistance lowered by alcohol
6. Consumption of alcohol
7. Depressant nature of alcohol
8. Driving and alcohol
9. Hereditary effects after use of alcohol
10. Immorality and alchohol
11. Life expectancy and alcohol
12. Nerve activity depressed by alcohol
13. Physical efficiency and alcohol
14. Alcohol effects on respiration
15. Venereal disease and alcohol
16. Alcohol a habit forming drug
17. Real value of alcohol

P A R T VI

A. Heredity

1. Heredity versus environment
2. Mendel's experiments
3. Mendel's conclusion
4. Physical basis of heredity
5. What can and what cannot be inherited
6. Prenatal influence
7. Character and inheritance
8. Applying the laws of heredity

B. Personality

1. Goals of personality
2. Development of personality
3. Procedures for personality
4. Bases of personality
5. Development of personality
6. The "Good Sport"
7. Emotions and personality
8. Social relationships
9. Environment and personality
10. Heredity and personality
11. Self-study of personality
12. Types of personality
13. Vitality determining personality
14. Marriage

15. Personality questionnaires
16. Self-respect
17. Habits and personality
18. Mental hygiene

C. Intelligence Tests

1. Aptitude tests
2. Mental achievements

D. Guidance

1. Choosing a satisfactory career
2. Becoming function-centered
3. Personal inventory
4. Finding where you fit
5. Choosing a profitable occupation

E. Clothes

1. Appropriate clothes
2. Caring for clothes
3. Color and clothes
4. Comfortable clothes
5. Fads in clothes
6. Personality in clothes
7. Selecting clothes
8. Styles in clothes
9. Function of clothes
10. Hygiene and clothes

F. Posture

1. Breathing affected by posture
2. Circulation and posture
3. Development of posture
4. Exercises for posture
5. Eyesight versus posture
6. Definition of posture
7. Habits and posture
8. Liver and function of posture
9. Poor posture
10. Skeleton and posture
11. Types of posture
12. Walking posture

G. Bathing

1. The bathing regimen
2. Baths and body temperature
3. Baths and fatigue

H. Sleep

1. Constructive effect of sleep
2. Sleep and late study
3. Loss of sleep
4. Making up sleep
5. Necessary amount of sleep
6. Kinds of fatigue
7. Tests of fatigue

I. Fatigue

1. Onset of fatigue
2. Acute fatigue
3. Fatigue and inactivity
4. Fatigue and infection
5. Fatigue and sedentary worker
6. Chronic fatigue
7. Fatigue in accident prevention and safety
8. Mental, emotional and nervous fatigue
9. Nature of fatigue
10. Signs of fatigue
11. State of fatigue
12. Toxins

J. Sports

1. Competition in sports
2. Fitness for sports
3. Interests in sports
4. Team sports
5. Training for sports

P A R T VI

A. Housing

1. Housing and artificial heating
2. Housing and body temperature
3. Standards for housing

B. Household Operation

1. Paying bills
2. Insurance
3. Providing for the future
4. Housekeeping

C. Balancing the Family Budget

1. Budget facts
2. Factors affecting adequacy of income
3. Standards of living
4. How family incomes are spent
5. How to keep a family budget

D. The Baby and Health

1. Baby milk stations
2. Infant's sleep
3. Infant crying
4. Infant mortality
5. The baby clinic
6. Food and drink

7. Mental hygiene
8. The daily program
9. Literature on babies
10. Proper care of the baby
    a. Bathing
    b. Handling
    c. First Aid
    d. Clothing

E. Child Development
1. Teething
2. Physical and mental development
3. Training in toilet habits
4. Sunshine and fresh air
5. Training in obedience
6. Teaching self-reliance

F. Community Sanitation
1. Sewage
2. Water supply
3. Methods of purifying water
4. Avoiding impure water
5. Need for safeguarding milk
6. Essentials for pure milk
7. Pasteurization of milk
8. Protecting food supply
9. Preservation of food

10. Food handlers
11. Insect and animal control
12. Treatment of epidemics
13. Safe meat
14. Food prepared outside of the home
15. Rural hygiene
16. The modern city and sanitation

G. Patent Medicine and Quackery

1. False testimonials
2. Frauds
3. Meaning of patent medicine
4. Self-diagnosis and true economy
5. The modern medicine man
6. Cults and quackery
7. Self-treatment
8. Patent Medicine and the heart
9. Remedial worth of patent medicines

P A R T VIII

A. Accidents

1. Children and accidents
2. Equipment versus accidents
3. Highway defects causing accidents
4. Responsibility for accidents
5. Sportsmanship versus accidents
6. Statistical data on accidents
7. Training of drivers versus accidents
8. Transportation after accidents
9. Vehicular defects causing accidents
10. Visibility conditions and accidents
11. Types of Accidents
    a. Highway accidents
    b. Traffic accidents
    c. Home accidents
    d. School accidents
    e. Playground accidents
    f. Industrial accidents

B. Traffic

1. Hazards in traffic
2. Pedestrians danger in traffic
3. Regulation of traffic
4. Children in traffic
5. Safety in traffic
6. Bicycle hazards in traffic

C. Driving

1. Attention and driving
2. Backseat driving
3. Carelessness in driving
4. High school need for driver-training
5. Mental attitude toward driving
6. Physical condition and driving
7. Safe driving
8. Individuals attitude versus driving
9. Skillful driving
10. Speed versus safety in driving

D. Home

1. Checking hazards at home
2. First aid cabinet for home
3. Insuring safety at home
4. Lack of safety at home
5. Safety in the home
6. Standards for safety at home

E. Swimming

1. Time for swimming
2. Safety and swimming
3. Hazard's of swimming
4. Safeguarding places for swimming
5. Safety in swimming
6. The safety value in swimming

7. The swimming pool and safety
8. The life guard in swimming
9. Duties of the life guard
10. Problems of swimming

F. Athletics

1. Safety in athletics
2. Self-protection in athletics
3. Physical examination before participating
4. Training in athletics versus safety
5. Apparatus in athletics and safety

G. School

1. Hazards in school buildings
   a. Fire Hazard
   b. School grounds
2. School busses and safety
3. The construction of the school and safety
4. Safety and the school
5. Means of increasing safety at school
   a. School safety council
   b. Safety in training
6. A safety-checkup campaign for school
7. Shop hazards in the school
8. Safety in transportation to and from school

H. Playground

1. Accident hazards on the playground

P A R T IX

A. First Aid

1. Definition of first aid
2. Main purpose in first aid
3. Who should give first aid
4. Common errors in giving first aid
5. Important facts in giving first aid

B. Shock

1. Definition of shock
2. Body changes in shock
3. Electric shock
4. First aid for shock
5. Symptoms of shock

C. Wounds

1. Definition of wound
2. Animal bite wounds
3. Classification of wounds
4. Contused wound
5. Dangers of wounds
6. Dressing for wounds
7. First aid for wounds
8. Gun and powder wounds
9. Infection in the wound
10. Insect bite wounds
11. Wounds of abdomen
12. Wounds of the eye

13. Puncture wounds

D. Bleeding

1. First aid for arterial bleeding
2. Bleeding from arteries, veins, capillaries
3. Bleeding from the nose
4. Bleeding from the tooth socket
5. Bleeding in fractures
6. Internal bleeding
7. Prevention of bleeding
8. Symptoms of bleeding

E. Tourniquet

1. Tourniquet for arterial bleeding
2. Method and time for application of tourniquet

F. The Eye

1. Objects in the eye
2. Precautions in caring for the eye
3. Wounds and treatment for eye injuries

G. The Breath of Life

1. Causes of asphyxia
2. Symptoms of asphyxia
3. Treatment

H. Drowning

1. Prevention of drowning
2. Suspended breathing from drowning

I. Electric Shock

1. Prevention of electric shock
2. Rescue from electric shock
3. Suspended breathing from shock

J. Gases

1. Poisonous gases
2. Gases causing asphyxiation

K. Artificial Respiration

1. Purpose of artificial respiration
2. Application of artificial respiration
3. Types
   a. British Navy method of artificial respiration
   b. Artificial respiration devises
   c. The Shaefer Prone Pressure method
4. Supporting measures in artificial respiration

L. First Aid for Choking

1. The first aid care for choking

M. Poison

1. Poison substances
2. Common poison
3. Effects of poisons
4. Poison ivy
5. Poison sumac

6. Poisoning
    a. Internal poisoning
    b. First aid for poisoning
    c. Prevention of poisoning
    d. Symptoms of poisoning
7. Snake poisons

O. Bandages
1. Purpose of bandages
2. Points in application of bandages
3. Types of bandages

P. Injuries From Heat and Cold
1. Causes of heat exhaustion
2. Definition of heat exhaustion
3. First aid care of heat exhaustion
4. Symptoms of heat exhaustion

Q. Burns
1. Kinds of burns
2. Classification of burns
3. Duty of first aider in burns
4. First aid care of burns
5. Burns for clothing afire
6. Burns in the home
7. Precautions in first aid for burns

R. Fractured Bones

1. Fractured bones
2. Fractured collarbone
3. Fractured foot or toes
4. Fractured hands or fingers
5. Kinds of fractured bones
6. Types, Fractures, sprains, dislocations
    a. Fractured leg, knee, or ankle
    b. Fractured lower jaw
    c. Fractured nose
    d. Fractured pelvis
    e. Fractured skull
    f. Fractured vertebrae
7. Splinting of bones
8. Symptoms of bone fracture
9. First Aid
    a. First aid for sprains
    b. First aid for dislocations

S. Everyday Problems in First Aid

1. Sunburn
2. Hernia or rupture
3. Foreign object in the ear
4. Abdominal pains
5. Acute appendicitis

6. Toothache
7. Bruises, cuts
8. Poisoning from ivy, oak, and sumac
9. Hiccups
10. Chills

T. Unconsciousness

1. Problems of unconsciousness and fainting
2. Unconsciousness from apoplexy
3. Unconsciousness from diabetic coma
4. Unconsciousness from epleptic fits
5. Unconsciousness from heart disturbances
6. Unconsciousness from skull fracture or brain concussion
7. First aid care of unconsciousness

U. Emergency Transportation of The Injured

1. The Fireman's Drag
2. Giving general directions in transportation
3. The one man arm carry in transportation
4. The pack strap carry in transportation
5. The six or eight man carry in transportation
6. Transportation with the stretcher

PART X

A. Health Statistics

1. The average length of life
2. Infant mortality
3. Age Expectancy of the newborn baby

B. United States Army Rejection

1. Causes of rejection
2. Population percentages

C. National General Health

1. Venereal Diseases
2. National fitness
3. Statistical gains in general health
4. Health problems to be solved
5. Morbidity tables
6. Trends in preventions and treatment of serious illness
7. Cancer Deaths in United States
8. Accident Mortality

P A R T XI

A. Various Organizations Concerned with Health

1. United States Health Service
2. The children's Bureau in the Department of Labor
3. The Division of Vital Statistics
4. Bureau of the Census
5. The Department of Commerce
6. The Division of School Hygiene in the Office of Education in The Department of the Interior
7. The Bureau of Entomology and Plan Quarantine
8. The Bureau of Animal Industry
9. The Department of Agriculture
10. The Bureau of Human Nutrition and Home Economics
11. The Federal Works Agency
12. American Public Health Service
13. The American Red Cross
14. The National Tuberculosis Association
15. The American Dental Association
16. National Safety Council
17. National Committee for the prevention of Blindness
18. The American Society for the Control of Cancer
19. National Committee For Hygiene Association
20. Millbank Foundation
21. International Health Board of Rockfeller Foundation

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C O N C L U S I O N

The topical arrangement of health education as reflected by current text books is an arbitrary list recorded for the author's own use. The study has lead to the following conclusion:

1. That Safety and First Aid, as topically revealed, is important content in the health text books.
2. That the large topical list indicates a broad general scope of educational content in the current health text books.

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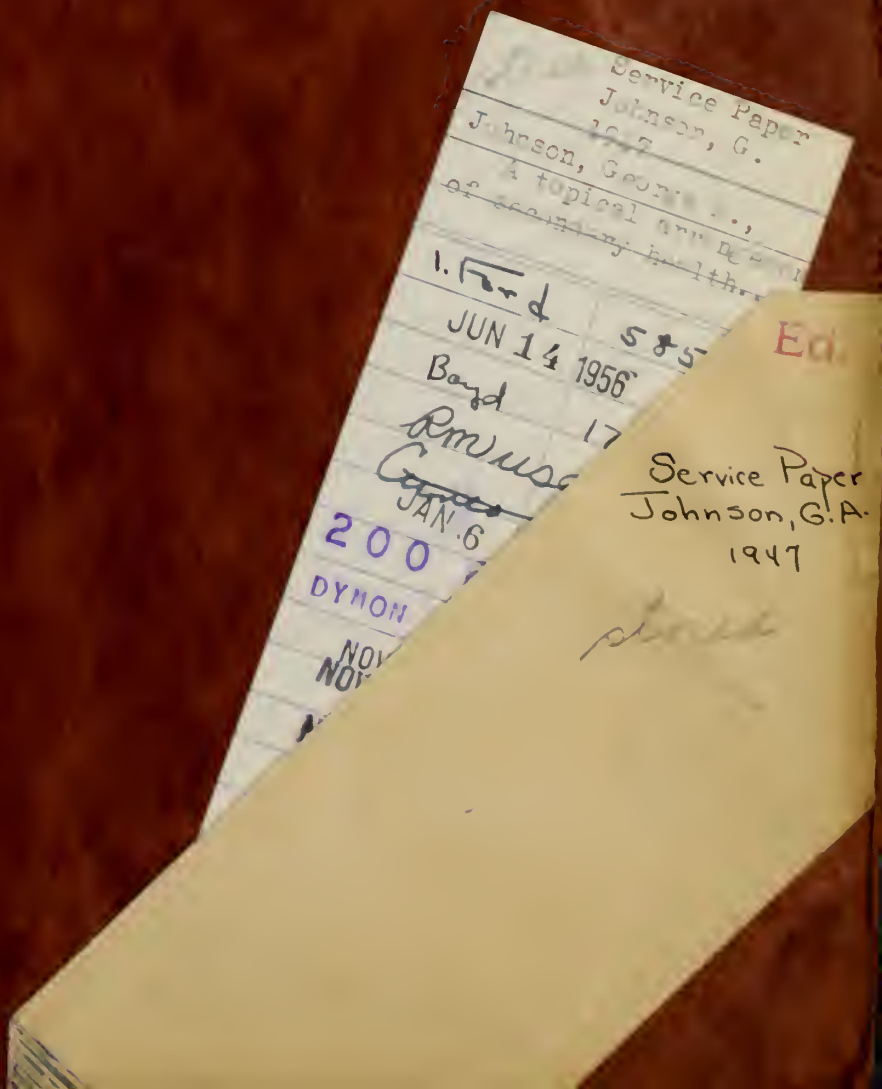
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